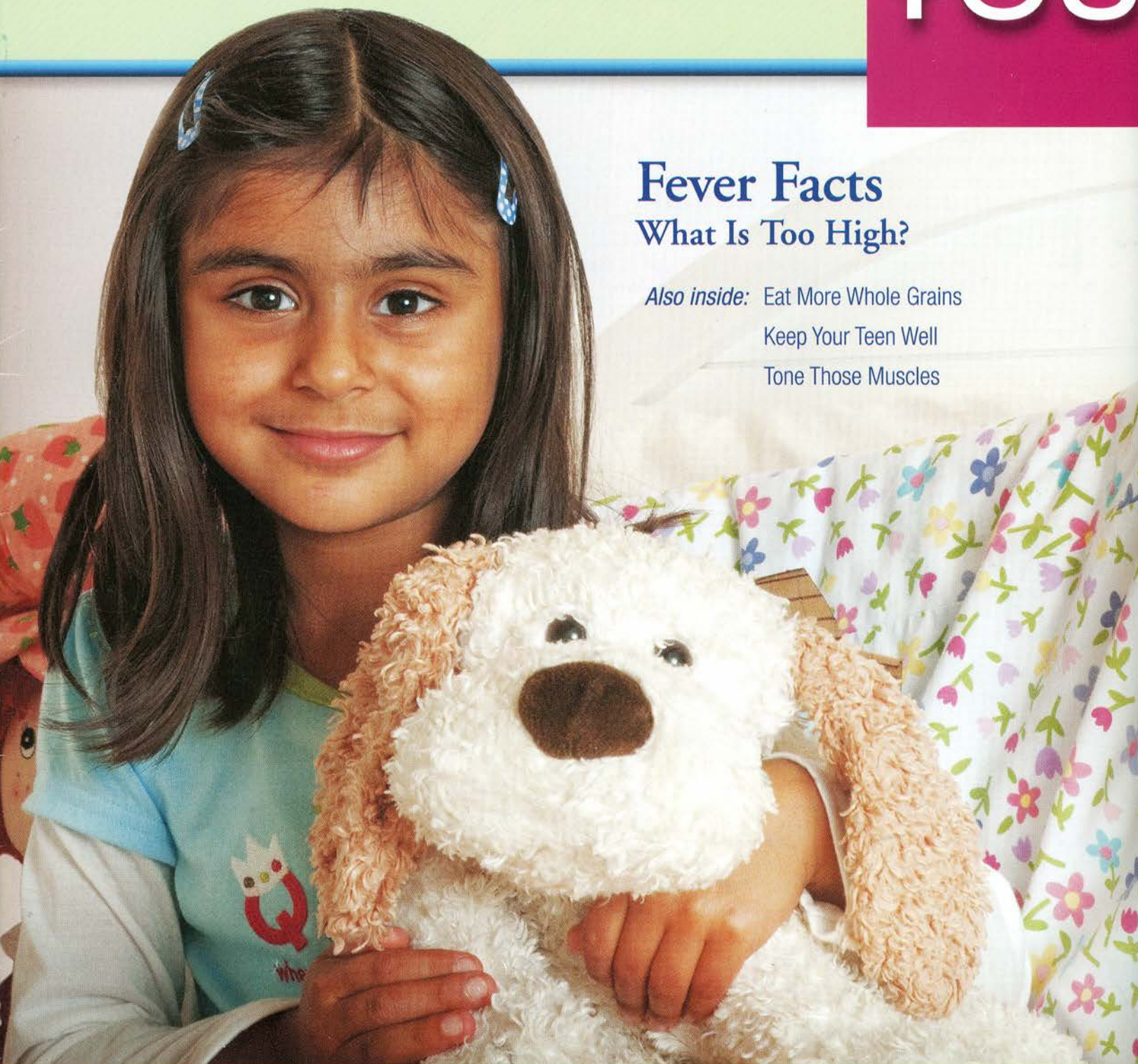


Healthy You

JANUARY | FEBRUARY 2011

Fever Facts What Is Too High?

Also inside: Eat More Whole Grains
Keep Your Teen Well
Tone Those Muscles



A PASSION FOR BETTER MEDICINE.™

 Lehigh Valley
Health Network

Healthy **YOU**

JANUARY | FEBRUARY 2011



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What's the secret to knowing when a child's fever is serious? Five-year-old Divya of Breinigsville knows. Find out on page 6.

Photo by Mary Frederick, Amico Studios



A Mom Again

Special care helps local woman have healthy baby

Enjoying life with their two sons Coy and Quinn, Tara and Pete Walters were happy to be expecting again in 2007.

While celebrating Thanksgiving in Lewistown, the 34-year-old Royersford woman suddenly learned she had preeclampsia and a life-threatening liver disorder called HELLP syndrome.

Walters arrived at Lehigh Valley Hospital–Cedar Crest by medical helicopter. Her medical condition forced her to deliver her daughter, McKenley, at 26 weeks. Weighing less than a pound at birth, McKenley received expert care in the hospital's neonatal intensive care unit (NICU). Although McKenley lived for only 13 days, her spirit lives on. "McKenley is never far from my thoughts, and I'm so thankful for those days with her," Walters says. "The NICU was wonderful."

Aware that any future pregnancy would be considered high-risk, Walters discussed her options with health network maternal fetal medicine physician Joanne Quiñones, M.D. The maternal fetal medicine program offers high-risk pregnancy care that includes a preconception evaluation of risk factors, management of health conditions that may complicate a pregnancy and advanced prenatal diagnosis and treatment. The counseling Walters received from Quiñones was invaluable. "We never would have had the courage to try again without her care and encouragement," Walters says.

When Walters discovered she was pregnant again in September 2008, she received care from maternal fetal medicine specialists in collaboration with obstetricians/gynecologists Edward Geosits, D.O., and Amanda Flicker, M.D. With a strong faith in her care team, Walters regularly drove an hour each way for appointments. "My care was taken very seriously," she says. "There were constant appointments, tests and blood work to make sure all was OK."

After a smooth pregnancy, Walters delivered a healthy baby boy, Cormac, in May 2009. She is forever grateful for the care she received. "Getting pregnant with Cormac was a risk," Walters says, "but we knew we were in good hands."

Walters hopes her story offers hope to other parents in similar situations. "Losing McKenley was completely devastating, but there is hope for finding joy again," Walters says.

Next Step: Learn about Lehigh Valley Health Network's childbirth care, education and more. Link to our revamped website from mhn.org/healthyyou or call 610-402-CARE.

the swing—Cormac
ings joy to Tara Walters
d her family.

All About Whole Grains

They're versatile, tasty and have great health benefits

If you've resolved to eat healthier and lose weight this New Year, here's an easy way to do it: add more whole grains to your diet.

"Whole grains can promote good digestion and reduce cholesterol," says registered dietitian Shannon Leatherman of Lehigh Valley Health Network. "They also can help with weight control, because their high fiber content helps you to feel full longer."

Another positive: whole grains stabilize your blood sugar level, meaning you won't have as many cravings, nor will you have a sugar rush (and subsequent crash). "This is especially beneficial if you have diabetes," says Leatherman's colleague, family medicine physician Carol Hunter, M.D.

While six total daily servings of grains is a good barometer, it's best if half of those are whole-grain foods. "A serving can mean three-quarters cup of dry cereal, one slice of bread or one-half cup of cooked rice or pasta," Leatherman says.



Where can I find whole grains?

Examine ingredient lists and package labels. "The first ingredient should start with the word 'whole,'" Leatherman says. "Whole-grain products tend to have fewer ingredients, less sugar and more fiber than processed grains."

Most supermarkets now carry a variety of whole grains, and you can find more exotic types (see list at right) at health food or specialty stores.

How do they taste?

Whole grains often have a nuttier flavor and chewy texture. They easily can be incorporated into your everyday meals. "Try a whole-grain hot or cold cereal for breakfast," Leatherman says. "For lunch or dinner, make your sandwich with whole-grain bread or try whole-grain pasta, wraps or pitas."



How do I cook or bake with them?

Whole grains can be just as easy to cook as rice or pasta. Follow the package directions. When baking, you can combine whole-grain flour with white flour to avoid altering taste or texture. "If you use half of each, you often can't taste a difference," Hunter says.

How do I store them?

Follow the package directions. Whole grains have expiration dates, and some types require refrigeration. To further reduce the risk for spoilage, keep moisture out. "Store whole grains in a container with a tight-fitting lid or a jar with a screw-on lid to keep air out," Hunter says.

Looking for some variety?

Try one of these whole grains:

- Barley
- Bulgur
- Oats
- Rye
- Spelt
- Triticale (hybrid of wheat and rye)
- Wheat germ, cracked wheat, durum and wheat berries

Hot Quinoa Porridge

2 cups milk
1 cup quinoa
1/2 cup sliced apples
(with or without skin)

1/3 cup dried cranberries
1/2 teaspoon cinnamon
Brown sugar or honey as desired
(optional)

Serves 2

Directions:

Bring quinoa and milk to a boil; reduce heat and simmer for 5 minutes. Add apples, dried cranberries and cinnamon; simmer until milk is absorbed, stirring frequently. Sweeten to taste with brown sugar or honey. Cool down with small amount of cold milk if desired.

Next Step: Get more yummy whole-grain recipes. Call 610-402-CARE or visit lvhn.org/healthyyou.

And if I have celiac disease?

"You can even enjoy whole grains if you have a gluten allergy," says Hunter, who has celiac disease. Gluten-free whole grains include:

- Amaranth
- Brown/colored rice
- Buckwheat
- Corn
- Millet
- Quinoa (pronounced KEEN-wa)
- Sorghum
- Wild rice



Wheat berries

Oats

Yellow bulgur

Wild rice



Dos and Don'ts of Burn Care

Know what to do if you or a loved one is burned

Back on his feet—A fun day of kayaking at Lake Nockamixon last summer soon turned serious for 6-year-old Reid. When he stepped off the kayak, he stepped in burning charcoal briquettes left behind by careless campers. The contact severely burned his feet. His mother, Andrea Castle, used ice water to cool the burn and rushed him to the hospital. "I am glad I got help immediately, but I know now I should not have used the ice water," she says. "It did not allow Reid's burn to fully develop, so his burns looked less severe than they were." Lehigh Valley Health Network's burn specialists provided care, including surgery to remove infected tissue. Today Reid is back to school, and during the summer he even got to attend a sports camp with help from mom (*photo at left*). "He still couldn't run and jump with the other kids," Castle says. "So I carried him on my back the entire week." Also helping Reid recover—Butter Bear, the plush dog given to him by his older sister Breña (*below*).



While cooking dinner, you might spill a little soup or get too close to that burner. In the blink of an eye, you have a burn. Sometimes it's minor, and other times it's serious. What's the right next step?

"There are many folk remedies that are supposed to help alleviate pain or make a burn heal faster, but most don't work," says burn surgeon Daniel Lozano, M.D., with Lehigh Valley Health Network. "Many may make the burn wound worse."

Here are the facts—and myths—about caring for minor and serious burns:

DO

Run cool water over the burn for 20 minutes. Cool water moistens the wound. Never use cold water or ice; it could damage the healthy skin around the burn and cause frostbite.

DON'T

Use oil and butter to coat the burn. Food may satisfy hunger, but it doesn't help a burn. This also means never use honey, mayonnaise or mustard on a burn. All can cause irritation, and they're difficult to remove.

DO

Use a cool, wet dressing. Sterile bandages are best. If none are available, use a wet towel or cloth. For more severe burns, apply a clean, dry dressing and seek immediate medical attention.

DON'T

Put ointment, fresh aloe from a plant or toothpaste on the burn.

These products will dry out the burn, meaning you'll be in even more pain. Ointments, like food products, also are difficult to remove from a burn.

DO

Seek help immediately. Burn specialists can help alleviate the pain faster, prevent infection and minimize scarring. It's true for burns large and small. Lehigh Valley Health Network is home to the region's largest and most experienced Burn Center.

DON'T

Apply alcohol-based burn gels immediately following a burn. These remedies actually slow the healing process. Cool water is the best option.

Next Step: Learn more about Lehigh Valley Health Network's Burn Center at 610-402-CARE or lvhn.org/healthyyou.

When Is a Child's Fever Serious?

In most cases, fevers can be cared for at home

Your child seems irritable and sleepy, and it's the middle of the day. You feel his forehead, check his temperature and learn the truth—it's a fever. Should you be alarmed?

In most cases, no. "A fever is often a normal and desired response to an infection," says emergency medicine physician Eric Bruno, M.D., with Lehigh Valley Health Network. "Because most bacterial and viral infections can't survive at high temperatures, fever helps the body fight the infection."

A temperature of above 100.4 degrees (taken rectally) indicates a fever in children. Viral infections most often are the cause. And while the temperature is important, "it's more important to observe how your child looks and acts—for example, is he less active than usual," says health network pediatrician Kelly Costello, M.D.

Care at home

The appropriate dose of children's acetaminophen or ibuprofen can reduce your child's fever, but read the labels carefully. "Some children's medicines contain both acetaminophen and ibuprofen, so you could unintentionally give your child too much medication if you're not careful," Bruno says.

Also, never use aspirin with children. It's linked with a rare but serious condition called Reye's syndrome.

You can try other fever-reducing measures too. "Dressing your child lightly or giving a warm bath can keep his body cool," Costello says. Don't give a cold bath; if it's too cold, your child may shiver, which raises body temperature.

When it gets more serious

It's wise to seek medical treatment if your child becomes dehydrated or if medication hasn't brought his fever down in a few days. "You can keep your child hydrated with clear liquids like a pediatric rehydration drink (Pedialyte)," Bruno says. Watch for signs of dehydration, such as sunken eyes, a white tongue, lack of tears, skin that doesn't bounce back when pinched, or arms and legs that feel cool to the touch.

Your child also will need medical treatment if he has rapid breathing or if his symptoms progressively become worse. "If your child develops signs of meningitis, such as a severe headache or neck pain, seek medical attention immediately," Costello says.

If your child is in his first three months of life and has a rectal temperature of 100.4 degrees, it's considered a medical emergency. Get medical attention as soon as possible.

Next Step: Lehigh Valley Health Network's Children's ER will open this spring. Learn more at 610-402-CARE or lvhn.org/healthyyou.

Care at home—For children like 5-year-old Divya of Breinigsville, staying home is often the best remedy for fever.



What Is NCCCP?

How a National Cancer Institute selection impacts care

Q I've read that Lehigh Valley Health Network is a site of the National Cancer Institute Community Cancer Centers Program (NCCCP). What is that?

A It is both an *award* and an *opportunity*. The health network's Cancer Center is one of only 30 sites nationwide selected by the National Cancer Institute (NCI), part of the National Institutes of Health, to participate in the NCI Community Cancer Centers Program, and the only cancer center in our region to receive the award. The NCI recognizes that 85 percent of cancer care nationwide is delivered at community cancer programs like the health network's. This award also represents *opportunities* for both the health network and our community.

Q What does this mean for cancer patients and their families in the Lehigh Valley region?

A Patients and families currently enjoy access to comprehensive cancer services in the health network, including cancer prevention, genetic counseling and testing, plus screening, consultation, treatment and survivorship. The NCCCP award encourages the development of multidisciplinary consultation programs. This is where patients can be evaluated in a single visit by the cancer specialists who will care for them, and where the patient and family meet a navigator who will coordinate the patient's treatment plan. New research partnerships will increase access to cancer clinical trials in the health network. In addition, NCCCP will fund community health care workers, clinicians and other support staff to improve access to cancer care for underserved populations in our community.

Q How will this enhance the quality of cancer care?

A The primary enhancement in quality will be in the development of more multidisciplinary consultation services. Cancer care demands teamwork. Few cancers can be treated or managed by a single specialist. Because medical, surgical and radiation oncologists often are involved in cancer treatment, a patient and family usually have to make multiple appointments with several physicians in different offices. The multidisciplinary consultation brings these specialists together with a nurse navigator, the patient and family to develop an integrated evaluation and treatment plan in one visit. This saves time and coordinates care. The navigator facilitates appointments, provides education for the patient and family, coordinates access to financial counseling and transportation as needed, and acquires medical records and test results from other locations.

Q How will this improve access to research?

A The cancer center currently offers patients access to large, national cancer clinical trials through an existing relationship with NCI. The NCCCP award encourages new partnerships with comprehensive cancer research centers that will bring new treatment trials to our patients. In partnership with the Moffitt Cancer Center (an NCI-designated comprehensive cancer research center) in Tampa, Fla., we have opened a new treatment trial in colon cancer. We expect to expand our treatment protocols to include research into the genetic and molecular determinants of treatment outcomes. Learning about the generic vulnerabilities of an individual patient's cancer will aid in choosing the best treatment for that cancer.

Q How will this improve outreach and access to cancer care?

A The health network is dedicated to providing high-quality, culturally appropriate care to everyone in our community. With NCCCP funding, we will develop a new model for access to cancer care in Allentown—the Neighborhood Cancer Center. This will provide faster access to evaluation of new or suspected cancers for patients and families served by our medical practices at Lehigh Valley Hospital—17th Street. The Neighborhood Cancer Center will employ promotoras (community health care workers) to reach out to Latino individuals in the community for cancer education, prevention, screening, evaluation and treatment. Promotoras currently expedite access to Breast Health Services at Lehigh Valley Hospital—17th Street for mammography. A multidisciplinary, bicultural and bilingual consultation service will be available for women with suspected or diagnosed breast cancer, and for persons with other suspected or diagnosed cancers. Bilingual navigators will facilitate access to treatment services in the John and Dorothy Morgan Cancer Center at Lehigh Valley Hospital—Cedar Crest, and will assist in continuing care follow-up at the cancer center, the survivorship program and in the patient's primary care medical home at Lehigh Valley Hospital—17th Street.

Next Step: Read more Ask Our Expert columns about breast cancer care. Call 610-402-CARE or visit lvhn.org/healthyyou.



About our expert—
Gregory Harper, M.D., Ph.D., is a medical oncologist and physician director, NCCCP, for Lehigh Valley Health Network.

WELL Care in Teens

This is the prime time to establish a healthy attitude about doctor

Why can't I drive with four of my friends in the car? So what if I stay up past midnight on a school day? Who cares if I put that video on YouTube? If you're the (exhausted) parent of a teenager, you're likely used to being challenged on everything. So it will come as no surprise that your teen may question why he needs a doctor. Here's how to answer his questions and get him the well care he needs:



Asking the question

It's what 14-year-old Saige of Hellertown does when she meets with adolescent medicine physician Sarah Stevens, M.D.

**'I'm healthy,
I don't need a
doctor.'**

Valley Health Network. "You can reassure your teen the likelihood we will find something problematic is very low."

If your teen wants to stay in tip-top shape, it's important he see a physician regularly to identify risk factors that could pose problems down the road. "We're seeing more teens and young adults who struggle with being overweight and the related problems of diabetes, high blood pressure and high cholesterol," says Stevens' colleague, family medicine physician Suzanne Widmer, D.O. "Routine physician visits help us catch weight gain before it becomes a problem and teach strategies like exercise and diet."

Routine visits also help teens stay up to date on immunizations for meningitis, chickenpox, tetanus, whooping cough and human papillomavirus.

**'But, I don't
like that
doctor.'**

your daughter doesn't want to talk to a male doctor about problems with her menstrual cycle. That's OK. Teens deserve the same level of comfort with their doctor as adults.

**'Fine, I'll go,
but you're not
going in with
me.'**

as smoking, drinking or the teen-parent relationship) he might not want to talk about in front of you.

By the time your child is 15 or 16, he should be learning to articulate his health problems. "This is very important,"

Your teen's doctor can help him stay healthy. "Overall, teens are a very healthy age group," says adolescent medicine physician Sarah Stevens, M.D., of Lehigh

Valley Health Network.

Then you can help your teen find another doctor. "You want her to feel comfortable," Widmer says. Maybe your son thinks he's too old for the "baby doctor" or

This is actually a good thing.

"By the time your child is 13 or 14 years old, he should have some alone time with his physician," Stevens says. This gives him time to ask questions about things (such

Stevens says, "Because when your child goes to college or turns 18, his health care providers will probably not discuss his care with you. You need to prepare your teen to handle it when the time comes." This includes learning how to make appointments and calling the insurance company to see what services are covered.

**'I need to
tell the
doctor
what?'**

Grandpa had a heart attack at 45 and Aunt Alice died from breast cancer. They should also know if Dad has high blood pressure or Mom has high cholesterol. This information may not always be known. "It's not the end of the world if your teen doesn't have a complete picture of her family health history," Stevens says. "But the more she can tell her physician, the better."

**'Can I go to
the doctor
again?'**

the mall, but teens who are comfortable with their doctors are a lot less likely to dread an office visit than ones who aren't.

"Teens need reassurance they are normal," Widmer says. They also need to know they don't have to suffer from conditions like acne, bad menstrual cramps or depression. "A trusted physician can help them through it."

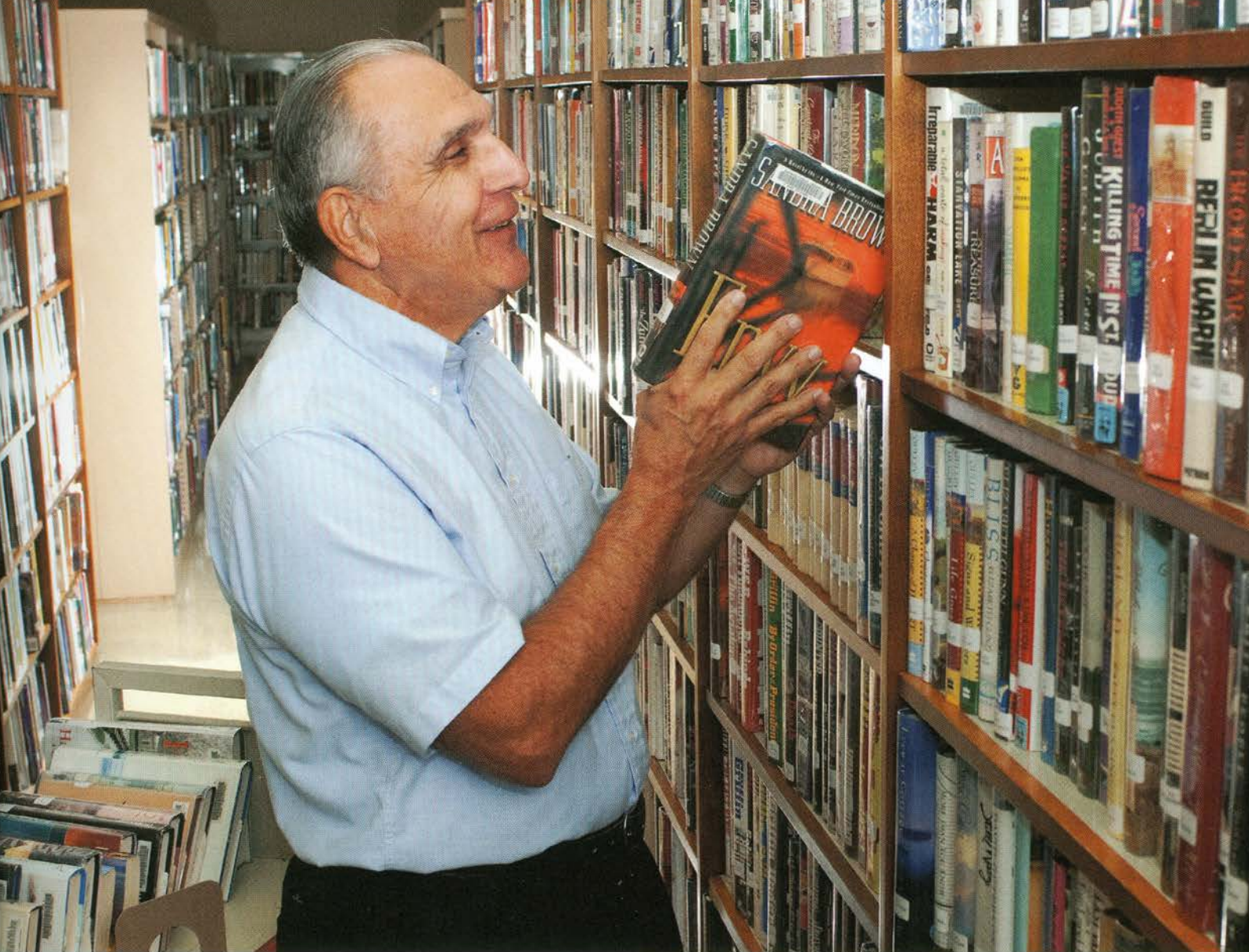
Next Step: Find a primary care physician for your teen. Call 610-402-CARE or visit lvhn.org/healthyyou.

Family history is an important part of your health. That means your teen should know that

Well, they probably won't ask as frequently as they ask about going to



Getting a checkup—A high-school lacrosse player, 16-year-old Cory of Macungie gets regular physical exams at the Health Center at Trexlertown.



Physicians on Your Side

Primary care providers and specialists work together to help you

When a routine blood test revealed John Baittinger had anemia, his primary care physician, Matthew Winas, D.O., of Lehigh Valley Health Network, sent him to gastroenterologist Richard London, M.D., for a colonoscopy. He found a cancerous tumor, which was removed by surgeon Scott Beman, M.D. Baittinger then received chemotherapy under the care of hematologist-oncologist Suresh Nair, M.D.

Along his journey, the 69-year-old Emmaus man was highly impressed by the collaboration of all his physicians. “They explained everything to me in terms I could understand,” Baittinger says. “They also kept Dr. Winas informed every step of the way.”

A health crisis like Baittinger’s underscores the importance of having a primary care physician, and of following up with him even if you’re receiving care from specialists. “Primary care physicians focus on your overall health and best know your medical history,” Winas says. “It’s our job to work together with specialists and safely coordinate your care.”

To do so, Winas sends specialists appropriate test results and office notes summarizing his patient’s primary care visit. “I ask the specialist to do the same,” he says. “If a person’s symptoms are complex, I’ll call the specialist directly to discuss diagnosis and treatment options.”

Such collaboration works both ways. Winas’ colleague, hematologist-oncologist Eliot Friedman, M.D., will refer

Back on the books—Now free from cancer, John Baittinger of Emmaus is back to his job at the Emmaus Public Library.

patients back to their primary care physician if he detects a more general health concern, such as high blood pressure. If he finds a more specific, cancer-related issue, he speeds up care by referring a patient directly to diagnostic testing or an appropriate specialist.

"If I'm treating a woman for lung cancer and notice fluid around her lungs, I'll send her right to a thoracic surgeon for evaluation," Friedman says. "I'll also let her primary care physician know about this new symptom."

There are ways you can help physicians coordinate your care:

Make a list of the names and specialties of all your physicians, and include your medical condition and treatment information if needed.

Ask your physicians to consult with each other if you feel it's needed. "You won't hurt our feelings by bringing this up," Friedman says.

Have your physician explain implications of any new tests or treatments, and call your primary care physician if you need further clarification.

"As a patient, you are your own best advocate," Winas says. "The more you learn and get involved, the stronger your health care team becomes."

Next Step: Need a primary care doctor? Call 610-402-CARE or visit lvhn.org/healthyyou.

The Facts About PSA

It's just three letters long, yet it's often misunderstood. So what exactly is a PSA test, and how does it help indicate prostate health in men?

PSA stands for prostate-specific antigen. It's a blood test that helps physicians detect prostate cancer before symptoms appear. Because PSA is a protein produced by the prostate gland, PSA levels themselves do not reveal cancer. "All men may have a low level of PSA," says urologic oncologist Angelo Baccala Jr., M.D., of Lehigh Valley Health Network. "Elevated PSA levels are simply an indication that prostate cancer may be present."

Noncancerous conditions such as an enlarged or inflamed prostate also can cause an elevated PSA, so physicians typically perform a PSA test and a digital rectal exam during screening. Abnormal results in either of these screenings may lead to further testing—such as an ultrasound or biopsy—and possibly treatment. It's vital at this point for men to discuss their options with a physician.

"Men have the right to understand the benefits and limitations of all options," Baccala says. "By also learning about prostate cancer risk factors such as family history and race, a person can choose a next step that makes the most sense for him."

PSA remains the best screening tool for prostate cancer

What are PSA's limitations?

One criticism of PSA testing is that it doesn't help physicians distinguish between aggressive prostate cancer and very slow-growing tumors that are unlikely to threaten a man's life. PSA levels also may be elevated when no cancer is present, or within normal range when a man does have cancer. These limitations are real, but a PSA test and rectal exam are still the best current screening tools, says health network internist James Wertz, D.O. "These tests are invaluable 'red flags' for detecting the early signs of prostate cancer."

When do I need a PSA screening?

Men with a family history of prostate cancer—and African-American men—should begin annual PSA tests at age 40. While testing for low-risk men typically begins at age 50, it's smart to start the discussion with your doctor at 40 no matter your risk level. "Such talks can reveal additional factors, like difficulty voiding or other symptoms, that warrant more testing," Baccala says.

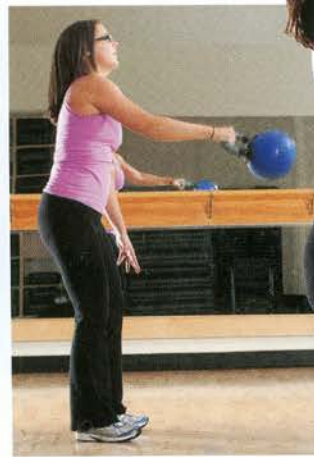
Does screening save lives?

Since the start of PSA tests in 1992, more prostate cancer cases are now detected before they spread to other parts of the body. That's why treatment is most effective at this early stage, which saves more lives. "Considering 190,000 new prostate cancer diagnoses were made in 2009 alone, that's extremely good news for men," Baccala says.

Next Step: Lehigh Valley Health Network surgeons perform prostate cancer surgery with robotics. Link to our revamped robotics website from lvhn.org/healthyyou or call 610-402-CARE.

Tone Muscles Without Barbells

Kettlebells will keep your workout fresh



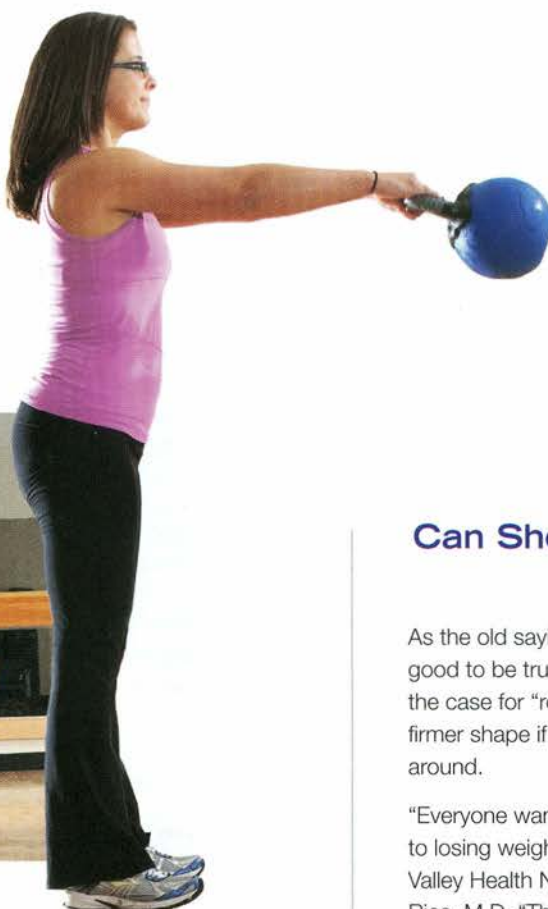
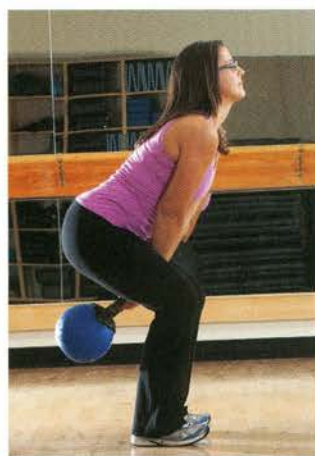
If you took Jazzercise in the 1980s, spinning in the '90s and Zumba today, you know how much fun a new workout can be. Here's the latest fresh option—kettlebells. These weighted balls with handles (like a miniature medicine ball) originated in Russia hundreds of years ago. Today they offer an energy boost for your fatigued fitness routine.

"When used properly, kettlebells give you a combined cardiovascular and strength training workout," says exercise physiologist Rob Fatz with Lehigh Valley Health Network. "Plus you'll build core muscles and hand strength."

Fatz's colleague, primary care physician Natalie Rice, M.D., says that's important—especially for women. "Core muscles support all of your movement," she says. "If you

A helping hand—Kettlebell instructor Rob Fatz (left) shows Healthy You Fitness Center colleague Lisa Durn proper form.

The right moves—Lisa Durn shows how to do two basic kettlebell maneuvers—the snatch (left) and the sweep (right). These moves help you get the most cardiovascular and strength benefits from your workout.



have a strong core, you're less likely to hurt yourself when you're carrying groceries or shoveling snow."

Three primary moves—the swing, clean and snatch—form the foundation for a total body workout. "The Russian military uses these three moves to test strength and endurance, much like the U.S. military uses push-ups, pull-ups and sit-ups," Fatz says.

You also can use kettlebells for basic techniques, such as bicep curls. Add variety by switching your grip from the handle to the bottom of the ball.

They're good for all ages, whether you're training for high school sports, tired of getting hurt as a "weekend warrior" or striving to keep pace with your grandchildren. Kettlebells come in a variety of weights and are measured by kilograms (1 kg = 2.2 pounds).

Just as with any exercise program, you should set realistic goals, and that may mean you start light and work your way up to heavier kettlebells. "Go slow and make it enjoyable," Rice says. "That's how you build exercise into your daily routine."

Next Step: Want to take a kettlebells class? Call 610-402-CARE or visit lvhn.org.

Can Shoes Keep You Fit?

As the old saying goes, if something sounds too good to be true, it probably is. It turns out that's likely the case for "rocker sneakers." They promise a toner, firmer shape if you simply put them on and walk around.

"Everyone wants the easy way out when it comes to losing weight and getting in shape," says Lehigh Valley Health Network primary care physician Natalie Rice, M.D. "The truth is you need to routinely exercise hard enough to get your heart rate elevated, and you need to make smart choices about what you eat."

That's not to say "rocker sneakers" have zero value. People with health conditions like diabetes have worn prescribed rocker-bottomed shoes for decades. That's because the design of the shoe helps with the rolling motion of your foot, explains health network physical therapist Sean Griech. Unfortunately, this does not translate to results if you're looking to get toned for a Caribbean vacation this winter. "No clinical trials support such claims," he says.

If you already purchased a pair of these sneaks, don't fret just yet. "Anything that motivates you to exercise is good," Griech says. Just realize your footwear is not a cure-all. You're still going to need a mix of diet and exercise to slim down and tone up.

Your best bet when sneaker shopping—find a pair designed for the activity you wish to do.

Next Step: Talk to your primary care physician before you begin any exercise program. Need a doctor? Call 610-402-CARE or visit lvhn.org/healthyyou.

Back Is Best

Having babies sleep on their backs decreases SIDS

It hits 2,500 infants a year, and it often comes without warning. Yet there is good news about the mysterious condition known as sudden infant death syndrome (SIDS).

Since a nationwide campaign launched more than 15 years ago, the number of SIDS deaths in the United States has been reduced by half. "The key is educating parents and all caregivers about the risk for SIDS and the importance of making sure babies go to sleep on their backs," says pediatrician Gwendolyn Chung, M.D., of Lehigh Valley Health Network.

Although a definitive cause for SIDS has not yet been identified (it often happens in infants who appear happy and healthy), you can control risk factors by following these steps:

Make sure baby always sleeps on her back rather than her stomach or side. "It's the most important thing you can do," Chung says. "Be sure to let babysitters and caregivers know this too." Also, resist the temptation to soothe a crying baby by laying her on her stomach.

Create a safe sleeping environment. The safest place for baby to sleep is close to, but separate from, you and others. Baby's crib or bassinet should be safety approved, have a firm mattress and a well-fitting sheet. Do not put toys, pillows, extra blankets, crib bumpers or soft bedding in the crib.

Next Step: Learn more about caring for baby by visiting our recently updated "pregnancy care" website at lvhn.org/healthyyou, or call 610-402-CARE.

Keep it cool. Do not overheat your baby. If it is cool at night, tuck the sides of a light blanket along the bottom half of the crib below the baby's arms, or use a sleep sack. Never cover the baby's head with a blanket.

Avoid sleep products. "There are commercially available sleep positioners that claim to reduce SIDS, but there is no scientific proof they work," says Chung.

Don't smoke. Do not expose babies to smoke or secondhand smoke, both during pregnancy and after birth.



A Cool Way to Save Lives

Induced hypothermia helps local man recover from cardiac arrest

Whether he's going to work or running an errand, Wayne Itterly walks. One evening, however, a typical walk to the store turned out to be anything but routine. Without experiencing any symptoms, the 47-year-old Easton man suffered cardiac arrest. His heart stopped beating, robbing his brain of the oxygen-rich blood it needs.



Great save—A total of 54 percent of patients who receive induced hypothermia following cardiac arrest return home to live full lives.

A fast-acting neighbor who administered CPR helped keep Itterly alive. But it was induced hypothermia—a medical treatment that lowers body temperature to prevent dangerous brain swelling—that helped him recover without brain damage.

"It lowers your body temperature by about 7 degrees," says interventional cardiologist Nainesh Patel, M.D., with Lehigh Valley

Health Network. "Every 1-degree drop reduces the amount of oxygen your brain needs by 6 percent. So cooling the body helps your brain heal and reset."

During the treatment, pads with cool water running through them are placed on the patient's chest and thighs. "Patients are sedated to ensure they are comfortable and to prevent shivering, the body's reflex to create warmth," Patel says. A team of caregivers, including neurologists, cardiologists, critical care specialists and nurses, constantly monitors patients for signs of pneumonia, internal bleeding and seizures, induced hypothermia's most common side effects.

After 24 hours, the patient is gradually warmed. That's when Itterly woke up. "The first thing I did was ask why I was in the hospital," he says. "The last thing I remembered was walking to the store."

Itterly suffered no ill effects from his cardiac arrest, which was caused by an electrical problem in his heart. Only one week after collapsing, Itterly was well enough to go home.

A week later, he returned to work, where he loads trucks (he started on light duty). He can walk and talk normally, and suffered no memory loss. "This treatment is incredible," he says. "It saved my life."

"Fifty-four percent of patients who receive induced hypothermia following cardiac arrest return home to live full lives," Patel says. "Without body-cooling treatment, that number is less than 5 percent."

Since 2005, 150 patients have received induced hypothermia at Lehigh Valley Health Network. The health network is one of six hospitals in the United States chosen to input data about these patients into a national registry. Other hospitals will then use the information as a guide for treating patients who suffer cardiac arrest. "By gathering more information, we can show how to best use this technology to save lives and improve the quality of life for more people," Patel says.

Next Step: To read more information about induced hypothermia—including other success stories—call 610-402-CARE or visit lvhn.org/healthyyou.



A helping hand—When Wayne Itterly suffered cardiac arrest, his Easton neighbor, Anne Hale, administered CPR. Hale's actions and technology like induced hypothermia helped Itterly make a complete recovery.

As a Woman, What Should I Know About My Heart?

Q: What's the best thing a woman can do for her heart?

A: Learn the facts about women's heart health. More women die from heart disease each year than men. Women need to know heart disease can be prevented if risk factors (high blood pressure, diabetes and high cholesterol) are identified and treated early. Eating healthy, exercising, not smoking and limiting stress can significantly decrease a woman's risk for heart disease. Most importantly, women should know the warning signs of a heart attack (see box), which may be different than the classic chest pain symptoms for men.

Q: How is a woman's heart different than a man's?

A: A woman's heart and blood vessels typically are smaller than a man's. This may explain why some women experience heart attack symptoms even though tests find no blockages in the heart's major blood vessels. Although women can have the same plaque buildup in the major arteries as men, women more often experience blockages in the heart's smaller vessels, which aren't visible in standard diagnostic tests. These smaller blockages increase the risk for heart attack.

Q: Are there new ways to identify women at risk for heart disease?

A: The most important way to identify women at risk for heart disease is through appropriate risk-factor screening. The presence of high blood pressure, high cholesterol, vascular disease, kidney disease, obesity, poor diet and sedentary lifestyle equals risk for heart disease. In women, diabetes and smoking carry an even greater risk for developing heart disease and poor outcomes. Even slightly abnormal blood sugar increases risk.

Recent studies have shown that pregnant women who develop preeclampsia or gestational diabetes may be at greater risk for

developing heart disease. Pregnant women with diabetes tend to have significantly larger babies. Studies also suggest that larger babies themselves have a higher risk for developing heart disease in the future. Certain blood tests looking at inflammation markers are particularly important in helping to identify risk in women. These findings are important because the earlier we can identify women at risk for heart disease, the earlier we can help them control their risk factors.

Q: Should I take a daily aspirin to prevent a heart attack or stroke?

A: It depends on your age and health status. Your doctor can help you determine if the benefits outweigh the risks. Typically, all women age 65 and older should take a daily aspirin. If you're younger than 65 and are at risk for heart disease or stroke, a daily aspirin can be beneficial.

Next Step: Read more Ask Our Expert columns about heart care. Call 610-402-CARE or visit lvhn.org/healthyyou.



About our expert—

Amy Ahnert, M.D., is a board-certified cardiologist with Lehigh Valley Health Network who specializes in women's heart care.

Heart Attack Warning Signs in Women

- Chest discomfort or pain that lasts more than a few minutes
- Discomfort or pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Cold sweats, nausea or lightheadedness
- Fatigue and extreme weakness

Call 9-1-1 immediately if you experience any of these symptoms.

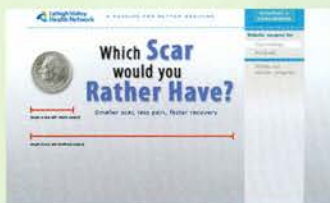
Keep Up to Date Online

If you're looking to spread the word about the dangers of distracted driving, or want to learn more about new and expanding programs and services at Lehigh Valley Health Network, you can turn to your home computer or laptop. We've expanded our website just for you. You can access the following information from lvhn.org or from these special addresses:

Celllimit0.com—Distracted drivers cause crashes. Learn more about the dangers of driving while texting. Spread the word by e-mailing your friends and family, or by sharing our message on Facebook. Download our smart phone app and tell us your story.

ChildrensER.com—The new Children's ER at Lehigh Valley Hospital-Cedar Crest opens this spring. Learn about the ER's child-friendly atmosphere and high level of care, and show your support.

Smallerscar.com—Robotic surgery delivers leading-edge care for gynecologic and prostate cancers. It means you'll have smaller scars, less pain and a faster recovery. Meet our surgeons and learn more about the program.



Ready to take charge of your health?

We offer programs for all ages and needs. Some have a fee; others (marked as **FREE**) are no-cost. Call to register at 610-402-CARE or get details at lvhn.org. **Registration is required and must be received at least one week prior to class start.** You'll get a refund if a class is canceled due to low enrollment.

WHAT'S NEW

For details and to register, call 610-402-CARE.

Aging Gracefully

Learn ways to improve bone and muscle strength for a healthy, active lifestyle. **FREE**

- Feb. 15; 2-3 p.m.
At LVH-Cedar Crest

Bariatric P.O.S.T.

Ongoing support for weight-loss surgery participants. Educational small-group classes focus on adjusting to life after surgery, nutrition management and exercise. **FREE**

- Starting Jan. 18; 9-9:30 a.m.; 4-5:30 p.m.
At 1243 S. Cedar Crest Blvd., Suite 2200

First Strides®

For women ages 12-112, this 12-week workshop helps you begin a walking or running fitness program, with the goal of participating in a 5K women's event.

- Starting March 24; 6 p.m.
At Sand Island, Bethlehem
For additional dates and locations, call 610-402-CARE.



Kettlebells

Total body workout uses kettlebells for high-intensity cardio, speed and agility training.

- Starting Jan. 15, March 12
At Healthy You Fitness Center-Cedar Crest

New Bereavement Support Groups

Grief Process Groups—Nothing is more powerful than having thoughts

and feelings validated and understood during the grief process. Attend any or all sessions. **FREE**

- Meets three times a month
At 2166 S. 12th St., Allentown

Ladies Lunch Club—This supportive social club for women only provides a unique opportunity to heal and grow. **FREE**

- Third Thursdays; 11:30 a.m.-1 p.m.
At Hamilton Family Restaurant, Allentown

Stepping Stones for Children—

A combination of education, activities and support designed to help children 4-12 facilitate healthy grieving. **FREE**

- Second Tuesdays; 4-5:30 p.m.
At Camelot House, Allentown

Home Safety

Learn safety tips on how to help make your home fall-proof. **FREE**

- Jan. 18; 2-3 p.m.
At LVH-Cedar Crest

Kids' Safety Day

See highlights of the new Children's ER at Lehigh Valley Health Network; car seat safety education, fingerprinting and more.

- Feb. 26 (snow date Feb. 27); 10 a.m.-1 p.m.
At LVH-Cedar Crest

Think FAST

Learn to recognize the symptoms of stroke. **FREE**

- March 15; 2-3 p.m.
At LVH-Cedar Crest

Yoga Basics

Yoga with an easy flow. Great for beginners.

- Starting Jan. 20
At Healthy You Fitness Center

Zumbatomic

Zumba for kids ages 4-13. Safe and effective workout includes hip-hop, salsa, reggaeton and more.

- Starting Jan. 18
At Healthy You Fitness Center-Cedar Crest

AROUND OUR COMMUNITY

For details and to register, call 610-402-CARE.

Health Center at Moselem Springs Open House

Learn about the comprehensive health care services available, including walk-in care. Find out why this health center is a model for care in the future. See a historic timeline that shows how this landmark property has been used as a gathering place throughout the decades. **FREE**

- Jan. 8; 11 a.m.-4 p.m.
Snow date Jan. 9
At Health Center at Moselem Springs, Routes 222 and 662

Ongoing Programs

Be Safe in a Car

Mark J. Young Medical Challenge

Learn how to be a good driver. **FREE** with Center admission

- Mon.-Sat., 9:30 a.m.-5 p.m.
Sun., noon-5 p.m.
At Da Vinci Science Center, Allentown

Community Exchange—Create a healthier community. Volunteer time and earn time by exchanging services with friends and neighbors. **FREE**

- Third Mondays; 2-4 p.m.
At LVH-17
• First Wednesdays; 6-8 p.m.
At LVH-Muhlenberg

Guardianship Support Agency—Work for a local nonprofit with guardianship services.

Health Insurance for Small Businesses (2-50)—Educational sessions, including information on consumer-driven health plans, available at your office or Valley Preferred. **FREE**

Would a Support Group Help?—Dozens of different groups provide comfort and support. **FREE**

STAYING FIT

For details and to register, call 610-402-CARE.

Age-Proof Workout—Cardio and resistance toning combined with mind/body exercise.

• Starting March 8

Aqua-New—Water exercise for posture, balance, strength and confidence.

• Starting Jan. 11, Jan. 13

Art of Belly Dance—Designed for women who want to go beyond the basics.

• Starting Jan. 28

Ballroom Dancing—Learn classic dances such as fox trot, waltz and swing.

• Starting Jan. 20, Jan. 21

Belly Dance Basics—Easy-to-learn dance moves promote muscle tone and positive body image—with flirty fun.

• Starting Jan. 19

Bollywood Dance—Learn combinations of Indian dance steps and hand-and-arm movements.

• Starting Jan. 19, Jan. 28

Boot Camp—Be prepared to sweat with challenging strength training and cardio workout. For the seasoned exercise participant.

• Starting Jan. 20, Jan. 31, March 1

Cardio Cross-Training—High-intensity mix of cardio and strength training.

• Starting Jan. 31

Cardio Kickbox—High-powered routine strengthens mind/body.

• Starting Jan. 25

Chisel—Challenge muscles with weight workout targeting multiple muscle groups for sculpting and shaping.

• Starting Feb. 12

Core Sculpt—Learn CORE exercises challenging your power center and stabilizing your spine.

• Starting Jan. 19

Country Line Dancing—Learn popular line dances set to country music.

• Starting Feb. 15

Early Morning Core 'n'

More—5:30 a.m. strength class of low resistance, high repetition weight training.

• Starting Jan. 11, March 8

FlashFit—Circuit training to boost energy and burn fat.

• Starting Jan. 17

Funky Feet—An introduction to hip-hop dance for ages 8-12.

• Starting Jan. 15

Funtastic Fun Kidz—Fun programs for children 6-12 to promote healthy lifestyles through physical activity.

• Starting Jan. 25, Jan. 27

Interval Express—Alternate short bursts of intense cardio with active recovery.

• Starting March 3

Kickbox Training Camp—Combines basic muscle strengthening with fine-tuning of punch-and-kick skills.

• Starting Jan. 19

Popular Line Dancing—Learn classic line dances such as the electric slide and Macarena. No partner or experience necessary.

• Starting Jan. 18

PUMP—Muscle strength/endurance workout using progressive resistance.

• Starting Jan. 19

Staying Strong—Strength class combines low-impact cardio with resistance; improves endurance.

• Starting Jan. 18, Feb. 18

Strength Class—Use dumbbells, resistance bands and body weight to increase strength.

• Starting Jan. 12, March 9

Sunrise Cardio/Strength—You won't get bored in this 5:30 a.m. full-body workout class.

• Starting Jan. 10, Jan. 20, March 7

Zumba—Join this Latin dance-influenced aerobics class.

• Starting Jan. 12, Jan. 20, Jan. 31, Feb. 15, Feb. 16, March 1



CARING FOR MIND AND BODY

For details and to register, call 610-402-CARE.



Cosmetology Services—

Skilled licensed professionals offer skin care and nail care services. Gift cards available.

Corrective and Protective

Skin Care—Focus on skin problems of aging and solutions for your skin type. Products and ingredients reviewed. **FREE**

• Feb. 16

Discover Relaxation

Within—Ease stress through relaxation techniques.

Part 1 starting Jan. 19

Part 2 starting Feb. 16

Massage Therapy—Medical therapists offer different massage options at various sites.

Mindfulness-Based Stress Reduction—Internationally recognized program uses meditation and group support. Most insurances accepted.

• Sessions starting Jan. 17

• Retreat—Feb. 26

Yoga—Build flexibility, strength, reduce stress and rebalance.

Energizing—Stimulating flow of poses

• Starting Jan. 18, Feb. 17

Relaxing—Gentle flow of poses

• Starting Jan. 17, March 10

Very Gentle—Poses adaptable to chair and/or mat.

• Starting Jan. 18

Yogalatte—Add Pilates to yoga for core-body conditioning.

• Starting Jan. 11, Jan. 18, Jan. 19

RAISING A FAMILY

For details and to register, call 610-402-CARE.

After-Delivery Parent

Gathering—For support and discussion on adjusting to a new baby.

Parenting Series—Five-week course to be a more effective, calmer parent.

Parenting Workshops—

Focus on hot parenting topics.

Safe Ride—Car Seat

Safety—Certified technicians show how to correctly install car seats and secure children. **FREE**

Raising a Family—Our flyer gives details for all programs listed below. Get your copy at 610-402-CARE or lvhn.org/healthyyou.

Pregnancy and Childbirth

- Becoming Parents
- Expectant Parent Tour

- My Baby and Me Sibling Tour
- Pregnancy 101
- Pregnancy Massage
- Prepared Childbirth One-Day, Series, Weekend On the Internet

Caring for Baby

- Baby Care
- Babysitting Safe Sitter CPR for Safe Sitter Student
- Breastfeeding Breastfeeding Baby Monday Morning Moms
- CPR—Family and Friends
- Depression After Delivery—Postpartum Support

AGING WELL

For details and to register, call 610-402-CARE.

College of Knowledge *FREE*

Dementia—Dealing with behaviors associated with the condition.

- Jan. 12

Falls and Fall Prevention—Learn tips to safeguard your health and home for hazards.

- Feb. 9

Bone Health—Learn how to keep your bones healthy and strong as you age.

- March 9

Exercise for Life—Low-impact/low-intensity class utilizes chair for muscle conditioning.

• Starting the first of each month

APPRISE Medicare

Counseling—By appointment.

- Tue., 10 a.m.-noon
- Fri., 1-3 p.m.

**LIVING WITH DIABETES**

For details and to register, call 610-402-CARE.

- Diabetes and Technology
- Diabetes in Pregnancy
- Diabetes: Moving Beyond the Basics
- Insulin Pump Support Group
- Intensive Management
- Medical Nutrition Therapy
- Pre-Diabetes
- Sugar-Free Kids Support Group
- Sweet Success: Living Well With Diabetes Discussion Group
- Type 1 Self-Management
- Type 2 Self-Management

COPING WITH ILLNESS

For details and to register, call 610-402-CARE.

Get Up and Go—Group exercise for those with Parkinson's disease or other movement disorders.

Joint Replacement Prep—What to expect for total knee or hip replacement. *FREE*

- Jan. 26, Feb. 23
At LVH-Muhlenberg
- Feb. 1, March 1
At LVH-Cedar Crest

For Cancer Patients

Adolescent Support Group *FREE*

Lehigh Valley Chapter of the National Ovarian Cancer Coalition *FREE*

Lymphedema Support Group *FREE*

Look Good, Feel Better—Boost self-esteem during and after cancer treatment. *FREE*

- Jan. 17, Feb. 21
At LVH-Cedar Crest
With the American Cancer Society

Men Facing Cancer *FREE*

Metastatic Breast Cancer Support Group *FREE*

- Meets second Monday of the month

Preparing for Breast Cancer Surgery *FREE*

For Epilepsy Patients

Monthly Support Group *FREE*

- Meets second Thursday of the month

For Huntington's Patients

Support Group *FREE*

For MS Patients

MS Workshop—Does Work Work for You? *FREE*

- Feb. 24

For Stroke Patients

Aphasia Group

Communication Skills Group

Cognitive Linguistic Skills Support Group

Stroke Support Group *FREE*

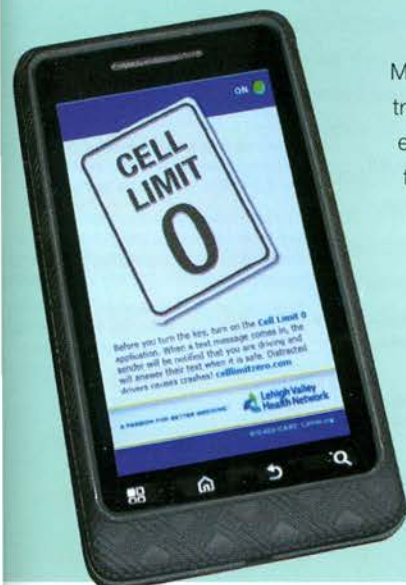
A P A S S I O N F O R B E T T E R M E D I C I N E SM

Sign a Distracted Driving Contract

Make the commitment as a family to drive cell-phone-free. Together, write and sign a distracted driving contract in which each family member pledges not to talk or text while driving. A family-wide commitment can especially help emphasize the dangers of cell phone use to any young drivers in your family—inexperienced teen drivers are four times more likely than adult drivers to get into a car accident related to cell phone use.

Your family's contract could include conditions such as:

- Before driving, turn your cell phone off, put it on silent mode or put it in your car's trunk to avoid temptation.
- If you must talk or text while driving, pull over and stop.
- Use our free smart phone application. When turned on, the app responds to incoming texts with a message that lets senders know you are driving and will get back to them when it is safe to do so. Visit celllimit0.com to download the free app.



PROTECTING YOUR HEALTH

For details and to register, call 610-402-CARE.

Cessation, What Works?

How to succeed in beating tobacco addiction. **FREE**

• Jan. 19

Clear the Air—Prepare to quit tobacco. Get tools to take action, stay motivated.

• March 2

Tobacco Treatment Program

12-month program of individual counseling and ongoing support.

CPR

- Adult Heartsaver AED
- Heartsaver Adult First Aid
- Heartsaver CPR—Pediatrics
- Heartsaver Pediatric First Aid

Partnership for Tobacco-Free Northeast

- Tobacco treatment services available for individuals and businesses



SCREENINGS

For details and to register, call 610-402-CARE.

HIV **FREE**

Anonymous and confidential.

- Tue., 1:30-3 p.m. and Thu., 10-11:30 a.m.

At LVH-17, AIDS Activities Office

Lung Cancer

Vascular Disease

Stroke

Abdominal Aneurysm

Peripheral Arterial Disease

MANAGING YOUR WEIGHT

For details and to register, call 610-402-CARE.

Weight-Loss Surgery

Surgery Information Night—What to expect. **FREE**

- Jan. 25, Feb. 10, Feb. 22, March 10

Monthly Support Group—Support and information on weight-loss surgery.

FREE

- Feb. 2, March 2



Weight Management Services

Individual

Nutrition Counseling—Assessment, body-fat analysis and goal-setting.

Nutrition Counseling/Metabolism Body Composition Test—Counseling plus personal metabolism test and interpretation.

Six-Month Supportive Weight Loss Program—Individualized expert-level care for nutrition, behavior and fitness.

Group

Eating Well for Life—Learn healthy food choices for weight management.

Part 1 starting Feb. 5

Part 2 starting March 3

L.E.A.R.N. to Lose Weight—Lifestyle, Exercise, Attitude, Relationships, Nutrition. Includes grocery tour, follow-up.



A Passion for Better Medicine drives Lehigh Valley Health Network to keep you well. That's why we publish *Healthy You* magazine—to educate you, your family and your community on how to enjoy a healthier life.

We'd love to hear from you. Send your comments to:

Healthy You
Attn: Marketing & Public Affairs
Cedar Crest & I-78, P.O. Box 689
Allentown, PA 18105-1556
Call 610-402-CARE (2273) or
e-mail 402CARE@lvhn.org

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For information or a referral to any of the professionals featured in *Healthy You*, call 610-402-CARE or visit lvhn.org/healthyyou.

Information appearing in this publication is not intended for self-diagnosis and/or treatment. If you have a health problem and need help finding a physician, call 610-402-CARE (2273) for further assistance.

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Visit Lehigh Valley Health Network's website at lvhn.org

TDD General Information 610-402-1995

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'I'm looking forward to the open house.'

That's what former Inn at Moselem Springs owner Carl Ziegler says about the Health Center at Moselem Springs, which will open in January in the historic building at Routes 662 and 222 in Richmond Township, Berks County.

The building has a rich and interesting history, and many people have fond memories of the fine restaurant that hosted wedding receptions, anniversary parties and retirement celebrations. "People will always have those cherished memories," Ziegler says. "Now it's time for the next chapter in the property's history."

The building's historic integrity remains as it transforms into a health center that will serve the community. "I'm pleased by the progress I see when I drive by," Ziegler says. The new health center is like a medical village under one roof.

You're invited to join Ziegler and other community members for a special pre-opening celebration 11 a.m.-4 p.m., Saturday, Jan. 8 (snow date is Jan. 9). You can tour the center, meet the staff, check out a heritage wall outlining the history of the property and receive a free insulated grocery bag.

The Health Center at Moselem Springs offers:

- Family medicine physicians welcoming new patients
 - Appointments with specialists
 - Walk-in care during early mornings, evenings, weekends and holidays
 - Digital mammograms, X-rays, ultrasounds, lab tests and other advanced screenings
 - Physical therapy
 - Wellness educational classes, prevention resources and confidential behavioral health counseling
 - Learn more on our new Moselem Springs website. Link to it from lhn.org/healthyyou.
-



After reading, please recycle this magazine.



Lehigh Valley Health Network is committed to conserving resources by using the latest in energy-efficient printing.

**There are many hazards on the road.
Don't be one.**



Distracted drivers cause crashes.

Every year 6,000 people die in car crashes caused by distracted drivers, mostly from the use of cell phones. The signs are everywhere. Sudden lane changes, failure to stop, disregarding the speed limit, and running red lights. Studies indicate that talking and texting while driving significantly raise your risks of causing a crash.

Share the message! Visit celllimitzero.com.

"Like" Lehigh Valley Health Network on Facebook.

Get a car magnet by calling 610-402-CARE.

Also, call if you'd like our trauma and emergency medicine team to make a presentation to a Lehigh Valley area high school.